MAKING VEGAN SEXY AND HEALTHY CHOCOLATE CAKE WITHOUT EGG {page 13}

GOING... HATS OFF TO THE HIGHEST BIDDER {page 11}

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JAMES TURNER/METRO

Stop playing games

▶ Frustrated fans waiting to celebrate the return of the NHL will have to wait at least one more day

▶ Fans gathered at Portage and Main last week prepared to party, but 'Peggers will likely have to wait a little longer before an official announcement surfaces. Story, page 2.

1 news

Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

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Fans continue to wait

Still the possibility of a 'white knight' in Atlanta Fans left waiting as NHL says there will be no announcement today

ELISHA DACEY
@METRONEWS.CA

Winnipeg NHL fans breathless for a party tonight at Portage and Main to celebrate the sale of the Atlanta Thrashers to True North will have to remind themselves to breathe.

The party ain't happenin' yet, folks, and it could be a while.

The NHL's Bill Daly reported to local media there will be no press conference today to announce the return of the NHL to Winnipeg.

The news quickly filtered through Twitter yesterday, which has become the main source of rumour for the story of the NHL's return. This was highlighted by a premature party that saw 400 or so jubilant Jets fans head to Portage and Main Thursday night to celebrate after a tweet from a prominent sports writer who said the announcement was coming today.

Charleswood resident Ian Davis, who describes himself as a "big-time Jets fan," said the most frustrating part of the whole saga is the waiting and the anonymous sources.

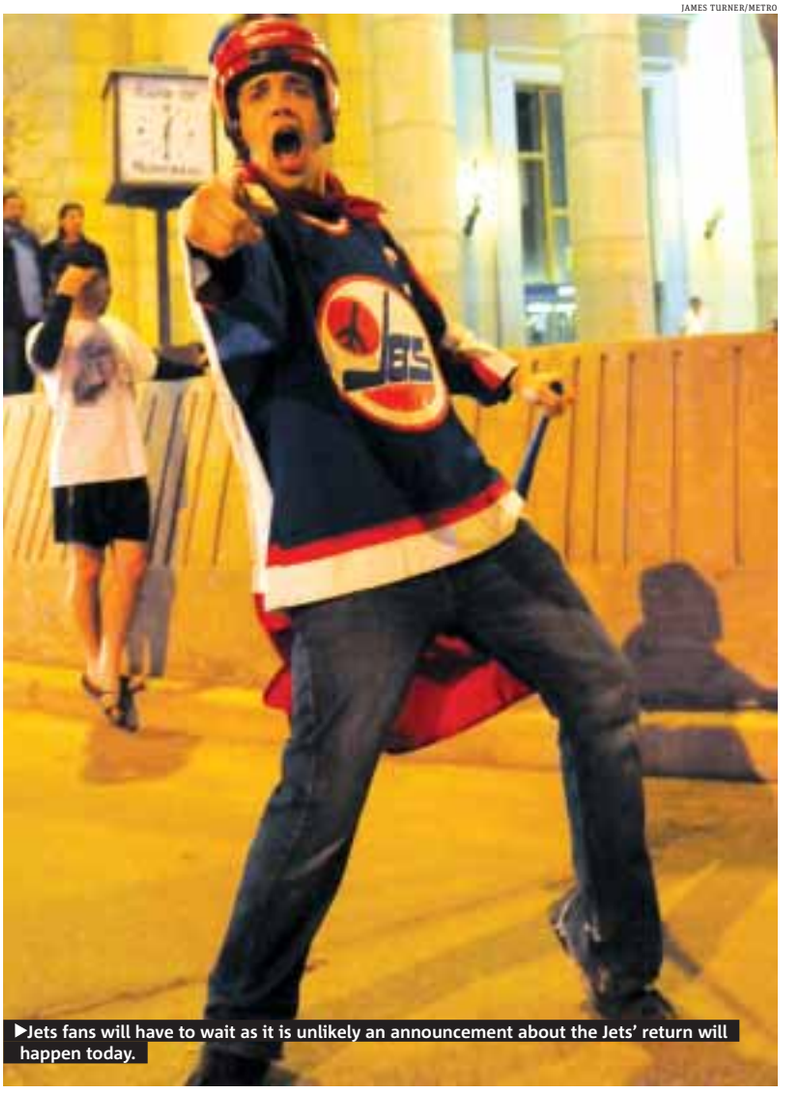
"We all know these things take time, but you get one media guy saying they're coming and another media guy saying they aren't, and no one is talking (on the record) but everyone is talking about it ... What do you believe?

"Well, I believe it's coming, and I believe they should just announce it already."

Superfan

- **Twitter** Winnipeg sports superfan Dancing Gabe jokingly posted on his Facebook page that he had received a new team jersey and would be dancing at the corner of Portage and Main today, sending the Twitterverse all, well, a-twitter.
- **Thrasher** Atlanta Spirit Group, which is trying to sell the Thrashers, the NBA's Atlanta Hawks and Philips Arena as a package deal, have ended talks with a prospective buyer to buy both teams and operating rights to the arena.

JAMES TURNER/METRO



▶Jets fans will have to wait as it is unlikely an announcement about the Jets' return will happen today.

JAMES TURNER/METRO

▶ Sasa Janvic

When do you think the announcement of the NHL's return will be made?
Hopefully within the next few months.

What do you think the team should be called?
The Winnipeg Jets.

What would you give the team's players on their arrival in Winnipeg?
New jerseys with a slight redesign of the old Jets logo and a toque.

JAMES TURNER/METRO

▶Bill Lennon

When do you think the announcement of the NHL's return will be made?
They say Tuesday ... but they know more than I do.

What do you think the team should be called?
Winnipeg identifies so strongly with the Jets ... I think that would be for the good of the league.

What would you give the team's players on their arrival in Winnipeg?
A card saying "Winnipeg loves you" ... and a fishing licence.

JAMES TURNER/METRO

▶ Andrew Okemow

When do you think the announcement of the NHL's return will be made?
Within a week, probably.

What do you think the team should be called?
Just keep the Jets name. It's a tradition.

What would you give the team's players on their arrival in Winnipeg?
Welcome jerseys and the key to the city.

JAMES TURNER/METRO

▶ Stephanie Ivison

When do you think the announcement of the NHL's return will be made?
I think I know the answer but I can't tell you.

What do you think the team should be called?
After an animal — something related to Winnipeg.

What would you give the team's players on their arrival in Winnipeg?
Information about the history of the Manitoba Moose and tickets to the Folk Festival.

Asian. Heritage Month

▶ Rhanissa Hirawan performs the Tari Salras Pinang Masak fan dance yesterday at The Forks. Several Asian cultural groups put on a show as part of Asian Heritage Month.

JAMES TURNER/METRO

Tripping the light fantastic

Teen carjacker freed

A teenage carjacker who led police on a dangerous high-speed chase after terrorizing a woman for her car has been freed after serving 116 days behind bars.

The 17-year-old pleaded guilty Friday to several crimes, including robbery, impaired driving and dangerous driving.

He was drunk and high after a house party on Jan. 29 when he confronted a 61-year-old woman sitting in her car on Fermor Avenue and demanded she hand the vehicle over.

The terrified woman and her two dogs escaped unharmed and called police. The youth took off into Transcona where he rear-ended a stopped car then sped off.

"I'm an idiot, I'm drunk ... I'm sorry."
17-YEAR-OLD CARJACKER TO ARRESTING OFFICERS

Police spotted him back on Fermor. Officers used a spike belt to disable the pilfered car and snagged the boy as he tried to run away. His blood-alcohol level was nearly twice the legal limit, according to the Crown.

The boy was out on bail for stealing another car at the time of his arrest, but had no previous criminal record.

His lawyer, Kevin Sneesby, told Judge Mary Kate Harvie that the teen has untreated addiction issues and "blacked out during the chase."

"He hasn't had the benefit of treatment at all," he said.

Noting she was "very concerned" after reading a report on the boy's background, Harvie nonetheless agreed to set him free on strict probation.

For the next 18 months he will be watched closely and has agreed to seek treatment for his alcohol problem.

"This is your chance. Don't blow it," Harvie said.

JAMES TURNER

Flood watch shifts to Lake Manitoba

- Compensation package to be announced today
- One sandbag volunteer dies of heart attack

ELISHA DACEY
@METRONEWS.CA

One week after the province decided to cut a hole in a dike along a stretch of road known as Hoop and Holler Bend, it was closed up again.

Premier Greg Selinger said opening the dike, which flooded only about three square kilometres, did not have the expected impact on water flows. But he insisted the measure was necessary to prevent a larger breach downstream. The province also warned homeowners that the breach could be reopened and cautioned people against removing sandbags around their home.

While flood waters in Brandon are dropping by about 15 centimetres every day, the fight now shifts upstream, where home and cottage owners face flooding from Lake Manitoba.

Delta Beach, north of Portage la Prairie, has seen voluntary evacuations. Cottage owners watched yesterday as high winds and waves destroyed sandbag dikes put in place on Friday.

Emergency Measures Minister Steve Ashton said a compensation package for flood victims will be announced today. It will include measures for flood-fighting beyond this year.

"The new flood of record is 2011, and it's going to bring with it many lessons on what we can do in the future on mitigation," he said. "So we're moving decisively on all fronts."

Victoria. Day

▶ Brandon-based members of the Canadian Forces 26 Field Regiment pack up an artillery gun used at the Manitoba legislature on Victoria Day.

JAMES TURNER/METRO

The heart of the troops

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News in brief

Obama toasts Irish roots

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-great grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

EU urges Mideast talks

The EU will push other world powers this week for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

Book tells all about Palin

A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

Rapture in October?

Preacher sought refuge in motel after prediction failed to occur
Crestfallen followers turn their attention to more earthly concerns

California preacher Harold Camping said yesterday his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

Camping, who predicted that 200-million Christians would be taken to heaven Saturday before the Earth was destroyed, said he felt terrible when his doomsday prediction did not come true. His independent ministry, Family Radio International, spent millions — some of it from donations made by followers — on more than 5,000 billboards and 20 RVs plastered with the Judgment Day message.

But Camping said that he's now realized the apocalypse will come five months after May 21, the original date he predicted. He had earlier said Oct. 21 was when the globe would be consumed by a fireball.

JOSHUA TRUJILLO/THE ASSOCIATED PRESS

▶ Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

It's not the first time the independent Christian radio host has been forced to explain when his prediction didn't come to pass. He also predicted the apocalypse would come in 1994, but said it didn't happen then because of a mathematical error.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his message. His show, "Open Forum," has for months headlined his doomsday message via the group's radio stations, TV channels, satellite broadcasts and website.

Apocalyptic thinking has always been part of American religious life and popular culture. But the majority of Christians reject the idea that the exact date or time of Jesus's return can be predicted.

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U.S. twister toll may rise

Threat of more severe weather for Midwest Search-and-rescue efforts hindered by thunderstorm

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs, cars crushed like soda cans, shaken residents roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.

The twister was one of 68 reported in the Midwest last weekend.

THE ASSOCIATED PRESS

Powerful storm

- Tornado was given an initial rating of EF4, the second-highest on the scale.
- It moved up to 318 km/h and was 1,800 metres wide at times.

CHARLIE RIEDEL/THE ASSOCIATED PRESS

▶ An emergency vehicle drives through a severely damaged neighbourhood in Joplin, Mo., yesterday.

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KOJI SASAHARA/THE ASSOCIATED PRESS

▶ Marc Benioff, chief executive of Salesforce.com, attends a press conference to announce a shared initiative with Toyota called Toyota Friend, a private social network for owners of the car brand that works similar to Twitter.

Toyota gets networking

Car company hopes social networking plan will inspire customers to give feedback about how cars are working Is investing $5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

"I hope cars can become friends with their users, and customers will see Toyota as a friend."
PRESIDENT AKIO TOYODA

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

THE ASSOCIATED PRESS

News in brief

Toyota needs to listen: Panel

SERVICE An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

Shares drop for Ryanair

AIRLINE. Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

THE ASSOCIATED PRESS

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Frozen. Assets

▶ Women walk past pictures of Syrian President Bashar Assad in Damascus, Syria, yesterday. The EU imposed sanctions on Bashar Assad because of his government's continuing crackdown on anti-government protesters.

THE ASSOCIATED PRESS

Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 27.18 (13,652.27)	- 0.51¢ (102.77¢ US)	+ 1.05¢ ($99.49 US)	$4.393 US (+10.3¢ US)	$1,508.90 US (+ $16.50 US)

Greece's borrowing rates hit new record

$32.8B The EU wants cross-party support in Greece for a new austerity program, worth at least $32.8 billion.

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year-bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in an effort to seek consensus.

His government is also finalizing additional austerity measures for 2011 worth $8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by $156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

THE ASSOCIATED PRESS

IF AT FIRST YOU DON'T SUCCEED ...

SHE SAYS ...

JESSICA NAPIER
METRO

Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life … why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

Be lazy: Spelling and grammatical errors on your resumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

"Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday ..."

Make demands: Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

Be obnoxious: A hard and fast way to never get hired is to indirectly insult the person doing the hiring. A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"

Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

Be a social media saboteur: Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

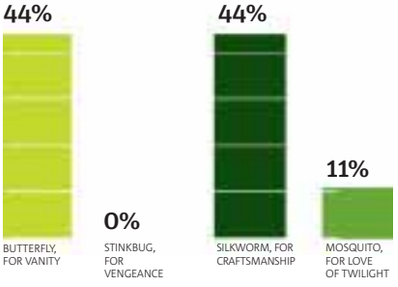
Feel entitled: Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

And if all of your hard efforts don't pay off, just remember, there's always grad school.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel Register at metrolifepanel.ca and take the quick poll

If you had to be one of these four bugs, which would you be?



Local tweets

- **@jonforeman:** overheard in Winnipeg: "Life is like a box of chocolates. A really unfair box of chocolates."
- **@switchfootlatam:** @jonforeman Lo escuché en Winnipeg: "La vida es como una caja de chocolates. Una caja de chocolates muy injusta."
- **@fitnessflirt:** Yesterday, I saw my first #Winnipeg Canker Worm of the season. Today, I found my first in my hair. *shudder*
- **@willcara:** Is it true? If the winnipeg jets sell out every single game in an nhl season, they will still be 21st in home attendance? Think this over
- **@wpg_girl:** You know it's windy when there are whitecaps on the floodway. #Winnipeg
- **@oo Me:** "That new park is pretty cool, eh?" 5-yr-old: "It's O.S.U.M." #assiniboinepark #Winnipeg
- **@kimerakincaid:** Dad, upon reading an article about the whole Thrashers-to-Winnipeg thing: "atlanta has a hockey team?"

Worth mentioning

CAIRO, Egypt. A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

No problem catching this tiger by the tail

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.

HAMPSHIRE CONSTABULARY/THE ASSOCIATED PRESS

▶ The toy tiger.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." THE ASSOCIATED PRESS

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2 scene

Box office

The reengineered Pirates of the Caribbean sequel On Stranger Tides found its smoothest sailing overseas, where it took in a record $256.3 million at the international box office, according to studio estimates yesterday.
THE ASSOCIATED PRESS

After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney

CONTRIBUTED

▶ It's another wild morning-after for the gang in The Hangover Part II, opening Thursday.

The wolf pack is back

Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first Hangover film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But The Hangover Part II finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a run-down Bangkok hotel room with no memory of the night before — and once again missing a member of their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against each other a bit, which was fun to watch. It kind of calls for it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the costars was heading to the other side of the world to film. "I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says.

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a denim Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."

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Gnomes work their charm

Gnomeo & Juliet
Genre: Comedy/Adventure
Director: Kelly Asbury
Stars: James McAvoy, Emily Blunt and Maggie Smith
◍◍½

What do you get when you start with the world's most famous play, update it with a baseball team's worth of writers taking inspiration from Shrek and Toy Story, spice the resulting masala with music by Elton John (classics and new tunes) and Lady Gaga, add a laundry list of well-known voice actors — including Hulk Hogan, Maggie Smith, Patrick Smith and Dolly Parton — then have the whole concoction processed at the Disney animation factory?

You get Gnomeo and Juliet, that's what. The garden gnome version of Shakespeare's romantic tragedy that somehow works better than it has any right to.

The painted ceramic version of the oft-told story is set in motion when spunky Juliet (Emily Blunt), wearing a crimson cap, meets and falls in love with Gnomeo (James McAvoy), a blue-hatted garden ornament. The two live in adjacent houses in a brightly rendered English suburb.

But the route to love is not to be a smooth walk down the garden path for these two. The obstacle? When the lawn-lost lovers meet they are both wearing disguises, so are unaware their romance is forbidden.

They don't realize they belong to feuding families whose antipathy extends to their respective garden gnomes. (In this family feud, old clan scores are fought with lawn-mower drag races instead of deadly sword duels.)

While this G-rated Disney offering is unlikely to be remembered as the apotheosis of the animation art form, at a blessed 84 minutes, Gnomeo & Juliet gets the job done right for the short set.

Extras include six deleted scenes, two alternate scenes, featurettes and an Elton John and Nelly Furtado Crocodile Rock music video. ● PETER HOWELL

I Am Number Four
Genre: Sci-Fi/Thriller
Director: D.J. Caruso
Stars: Alex Pettyfer, Timothy Olyphant and Dianna Agron
◍◍

In I Am Number Four, John Smith (the very pretty Alex Petyffer, a former model) is the new kid on the block in a small Ohio town called Paradise, where he lives with his guardian, Henri (Timothy Olyphant).

John may have the most common name in America, but he's no common guy.

He's actually Number Four, and he's not from this planet at all.

John's a stranger in a strange land; he's one of nine alien fugitives from the destroyed planet of Lorien who have made their way to Earth.

Another race of aliens, the evil and vaguely fishy Mogadorians, are hunting the Loric survivors, who must be exterminated in numerical order.

Loric survivors One, Two and Three are already dead; John, Number Four, is next on the Mogadorians' list.

As anyone aged from 12 to 20 on planet Earth — and their beleaguered parents — will tell you, it ain't easy being a teen.

Imagine how hard it is to be an angsty alien teen, who's developing superpowers as he morphs from Loric child to adult.

But a first love with Sarah (Dianna Agron, who plays cheerleader Quinn on TV's Glee) helps John with his life on Earth. And Agron, along with Australian actress Teresa Palmer, who plays Number Six, keep the pretty quotient going.

I Am Number Four, with its attractive young people, ugly CGI monsters, giant explosions and superhuman alien stunts, may have enough going for it to get its target teens to fire up the DVD player and sit down for a bit.

But when they realize they're being pandered to with a limpid script, they might just get up to make some popcorn and forget to wander back. ● PETER HOWELL

A bloody good time

Diva Zappa talks about the joys of getting messy on film

NED EHRBAR
METRO WORLD NEWS

▶ Diva Zappa stars in Do Not Disturb, a film by five different directors.

In Do Not Disturb, five directors offer five different takes on what goes on behind the privacy tag of a very busy hotel room, with a quiet and curious maid, played by Diva Zappa, as the constant element throughout.

Your character is the constant element through all the sections of the film. How was that?

That was a surprise. It just kind of happened while we were on set. They just kept putting me in, saying, "Go walk in — and say something, if you want to." I really didn't know what I was in for, and every day was a surprise. Every day was a new adventure because new crews were brought in every day.

Is there a section of the film that you're most fond of?

Yes. I hate to say it, but yes. All of the directors are amazing, and each of them gave me an experience I've cherished, but I had the most fun in Jon Mann-Krieger's piece because that was when I first got to be sprayed with blood.

You did look pretty cool covered in blood.

I know, how weird is that? I'm in another movie where I got covered in blood, and the pictures of me in blood — I'm, like, stunning. It's very strange. Very, very weird. I love it. It's really fun to get dirty, and I don't get to get dirty that often.

It's one of my favourite things, if it's in a safe situation and I know I can go take a shower — which actually I didn't really do on that set, because on the first day of blood it got clogged and there was a problem. When lunch would be called, I couldn't move my hands to eat, so we had to put gloves on me. But it was pretty interesting and fun.

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Cole told to break up with Dancing boyfriend

Before breaking into U.S. television, X Factor judge Cheryl Cole is reportedly receiving some very personal demands from her bosses. Fox executives want Cole to ditch her boyfriend of one year, Dancing with the Stars hoofer Derek Hough, according to the Mirror.

"Show producers have told her that being single would do wonders for her image. And there would be no shortage of guys in L.A. lining up to go on a date with Cheryl," a source says.

"Derek may be dreaming of worldwide stardom, but he's seen as a small-time dancer on a TV show ... and pretty uncool. TV executives are thinking that if she's going to win over Hollywood, she'd be better off doing it as a sassy and single girl-about-town."

METRO

JOEL RYAN/THE ASSOCIATED PRESS

▶ Cheryl Cole

Shriver could be in for a big payout

Couple have not filed for divorce yet

If Maria Shriver decides to divorce Arnold Schwarzenegger after revelations of his fathering a child with a former household employee triggered the couple's separation, it could prove to be one of the costliest settlements in recent history, trumping even Tiger Wood's $110 million payout, according to Page Six.

Given the former California governor's estimated worth, Shriver could walk away with more than $200 million, despite a prenup sources believe the couple signed.

Neither Shriver nor Schwarzenegger have filed for divorce yet.

METRO

▶ Arnold Schwarzenegger and Maria Shriver

New job for Britney's man

Jason Trawick is through with Britney Spears — professionally, at least.

Her former agent and current boyfriend is reportedly leaving William Morris Endeavor to oversee an arts and entertainment brand for the company Famos, according to People magazine.

"Since meeting Britney, his priorities have shifted and he would much rather be home at night with her and her boys," a source says.

"With his new job, it sounds like he will be able to work from the road, and that's ideal when your girlfriend is about to start a worldwide tour."

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Celebrity tweets

@katyperry

So...my husband just got deported from Japan. I am so. sad. I brought him all this way to show him my favorite place

@rustyrockets

Planning escape from Japanese custody. It's bloody hard to dig a tunnel with a chopstick

@justinbieber

for once waking up because of jet lag is great .... because i just found out we won 6 AWARDS 2nite!! I THOUGHT IT WAS 3!!! CRAZY!!

@ConanOBrien

I'm not a competitive eater unless someone orders French fries "for the table."

Big money for Beatrice's hat

Princess Beatrice's infamous tan, octopus-like hat worn at Prince William's wedding last month has been sold on EBay for more than $130,000, according to E! Online.

Proceeds from the auction will benefit UNICEF U.K. and Children in Crisis through Princess Beatrice's Little Bee Initiative campaign.

"I've been amazed by the amount of attention the hat has attracted," Beatrice wrote on the hat's auction page.

"I hope whoever wins the auction has as much fun with the hat as I have."

METRO

Princess Beatrice

Royal parties galore

With Prince William and Princess Catherine set to visit Los Angeles for all of 24 hours in July, how they spend that time is becoming quite an issue, according to the Daily Mail.

Several Hollywood luminaries are angling to throw parties for the royal newlyweds, including Elton John and husband David Furnish and Forrest Gump producer Steve Tisch.

And Victoria Beckham has reportedly scheduled her C-section with the royal visit in mind. William, meanwhile, has turned to the British Academy of Film and Television Arts, of which he is the president, for advice.

"We are suggesting several ideas, including a tea party, a cricket match and also a more formal gala evening to promote the British film industry," a BAFTA insider tells the newspaper. METRO

Kutcher experiment to last for only one year?

While executives at Two and a Half Men are happy to have Ashton Kutcher stepping into Charlie Sheen's shoes, they apparently don't expect to keep him long.

According to the Wall Street Journal, Kutcher's contract for the hit sitcom only covers one year, while the show itself was renewed for two more seasons.

Kutcher will be earning an estimated $750,000 an episode, according to the newspaper.

METRO

THE WHOLE FAMILY!" – Richard Crouse, CTV
STORES TODAY!

e one
entertainmentone

3 life

Aspirin makeover

Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.
THE ASSOCIATED PRESS

Europe OKs Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients. Scan code for story.

Knee pain got you down?

ISTOCK IMAGES

▶ Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

Simple exercises can strengthen hips and help heal knee injuries

CELIA MILNE
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary. "There have been lots of gimmicks with shoes and orthotics. This is a piece of $8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain.

Their study was published in a recent issue of the Journal of Athletic Training.

For more, visit runninginjuryclinic.com.

How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- **DON'T** increase your distance by more than 10 per cent a week.
- **DON'T** run faster than you are ready for just to keep up with another runner.
- **DON'T** all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- **DON'T** run 8 km if you are only supposed to run 5 km.
- **DON'T** run if you are injured. Seek help from a sports medicine professional.

Vegans in vogue

We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour
But a plant-based diet can be healthy and sexy

ROMINA McGUINNESS
METRO WORLD NEWS

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

Over the past two decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health.

Kathy Freston, author of the book Veganist, says she can prove it. A vegan for seven years, Freston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calories are burnt as heat, for up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freston.

"Within weeks of going vegan, my energy levels soared and my skin cleared."
KATHY FRESTON, VEGANIST

CHARLES BUSH

▶ A chocolate cake without eggs? We'll take it.

Cheating tip

Creamy cashew: Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

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3 VEGAN PHONE APPS

VEG OUT

When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

VEGANXPRESS

This useful app tells you which entrees are vegan at popular chain restaurants.

HAPPY COW

Another restaurant guide, this is the definitive resource for meat-free restaurants.

Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheeseless mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see chefchloe.com.

Ingredients:
- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

Preparation:

1. Cook pasta.
2. In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.

4 portions
Prep time: 5 min.
Cooking: 15 min.

▶ It gets its colour from yeast, not cheese.

Don't go without

The four food groups to include in a vegan diet:

1. Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
2. Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
3. Vegetables: Try broccoli, chard, kale and spinach.
4. Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.

Try it out

Freston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

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Manitoba

Boys not immune to body image pressures: Study

Whether they're longing for a slimmer waistline, pumped up biceps or washboard abs, feelings of body dissatisfaction are experienced by many teen girls and boys.

While much is made of the pressures on young women to fit within often-narrow body and beauty ideals perpetuated in media, researchers say young men aren't immune to similar stressors.

U.S. researchers recently conducted a small study of male and female students at Boston-area high schools who tested BodiMojo, an online health and wellness website.

"For boys, it's more about not sexualizing them per se but more trying to grow them up into the 'Be the man, be tough, be strong, be all that a man is supposed to be,'" said Roberto Olivardia, a clinical psychologist and clinical instructor at Harvard Medical School.

Olivardia said for many boys, it's not so much an issue of weight as it is shape and fitness.

"Even boys I've worked with with eating disorders who are more restrictive eaters or even more on the anorexic side ... most of them don't idealize being skinny per se, but they idealize being lean. And muscle is a huge component of boys' body image, certainly much moreso than what you see with girls."

While influences come from multiple places, Olivardia said it's hard to deny the role of media in shaping boys' body image.

"Nowadays, for teenage boys, they walk into an Abercrombie and Fitch store and they are immediately greeted by an entire wall image of a young guy with perfect pecs and very muscular biceps, so the imagery is definitely much more intense than it even was 10 years ago."

The Internet and social media sites are also placing greater emphasis on appearance, he said.

THE CANADIAN PRESS

JILL CONNELLY/THE CANADIAN PRESS

▶ Actor Vin Diesel represents the "hyper-muscular" ideal.

POPPING THE QUESTION?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Engagement rings can be pricey, but they are also an important symbol of commitment in a relationship. Take your time selecting a ring that reflects your values and your budget.

Keep in mind that during lean times, many couples don't even buy an engagement ring, just their wedding band.

Determine your budget before you shop. Avoid massive amounts of debt for a ring and save up! Some diamond experts have recommended that you spend between two and three months' salary on a ring. But, that's not the law. Do what's right for you.

Research the types of rings available and the costs associated with your combination of choices: metal (gold, platinum, silver, etc.), stone (diamond, sapphire, etc.), and setting. Research how the cut, clarity, colour and carat impacts the price.

Investigate the jeweller and get referrals from trusted friends or family members. For example, do you want a custom-made ring or one that is ready to go? See if the jeweller has an exchange or return policy just in case.

Bring a trusted ally who can help you wade through the thousands of choices. Consider shopping with your partner so you can make the decision together.

Plan ahead for the expense by saving in advance. Avoid store credit as the interest rates are hefty.

Self-employed tax tips

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes. And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed individuals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd. But you have an additional six weeks to get your return into the Canada Revenue Agency.

If you are thinking about striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

1. Do I need a business number? You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which details your business income and expenses as part of your personal return. Don't make the common mistake of listing self-employed income on line 104 (other income).

2. What about CPP premiums? If you earned more than $3,500 you will have to pay.

3. Do I need to register for HST/GST? Those earning more than $30,000 must register for a GST/HST number. But it is a good idea anyway because you can claim input tax credits for the GST/HST you pay.

ISTOCK

▶ The number of self-employed women has increased by 50 per cent over the past 15 years.

4. What happens if I declare a loss? Losses can be carried forward to future years to reduce the tax load when your income is higher.

5. Do I need receipts? Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

Recession effect

▶ **During the 2008-2009 recession** the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.

DESTINED TO TRAVEL FOR TREATS?

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?

Claire: Dear Travel for Treats,

One of the great side effects of travel is the ability to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop.

We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of to-do lists.

Result? We're more open to the people we encounter. And once we do meet someone interesting, the mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either too distracted to notice those who notice us, or once we meet them, we question whether they should be allowed into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution.

Andrea: I envy your position because you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while.

Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls caressed with morning breath, romantic rendezvous in the frozen dinner aisle, elegant repartees over broken washing machines ... but also, a guaranteed hug when you're in a bad mood, having fun doing the mundane tasks, and you know you're going home with a hottie after that party.

Even if you don't get five-star treatment all day every day, the little things really do add up.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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Combine fruits & veggies for fresh take on stir-fry

THE CANADIAN PRESS/ HO

▶ This ginger chicken stir-fry uses fruit and vegetables.

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

Preparation:

1. In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.
2. Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into wedges and thinly slice green onions.
3. Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-tinged. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.
4. Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

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Ingredients:

Sauce
- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

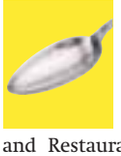
Stir-Fry
- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

Delicious pub fare with a classic English twist

The Grove Pub and Restaurant offers a simple menu and generous portions

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA



Every neighbourhood needs a place to call its own and The Grove Pub and Restaurant hopes its English pub menu and atmosphere will draw people out to make this their meeting place.

With a small patio on Grosvenor and warm weather finally here, it only made sense to enjoy some classic English fare out in the sun.

With a simple menu that features items like Cottage Pie and Bangers and Mash, it was the classic Fish and Chips ($17) that caught my eye.

A generous portion of flaky halibut is lightly battered and fried, and served alongside fresh cut fries with your choice of tartar or curry sauce.

I'm of the mindset that there should never be more batter than the food being battered. Make sense? A light coating is all this fish needs and that's what it gets.

If you're not in a hurry, enjoy a pint and soak up the sun.

PAY CHEN

▶ Fish and chips.

The Grove Pub and Restaurant
164 Stafford St.
415-3262
the-grove.ca
Reservations: Only for 6+
Quick solo lunch: Yes
Price range: $7 - $17
Rating: 3.5 out of 5

THE CANADIAN PRESS/ HO

Blueberry Smoothie

Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

Preparation:

1. In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.
2. Pour into glasses; serve immediately.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:
- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

Road to the Cup a little steeper for Salo

‘It’s like climbing Mount Everest,’ Canuck says of Achilles injury rehab

There’s been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn’t sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

“It’s been a long journey, not just in a career way,” Salo said yesterday after the Canucks practised at Rogers Arena.

“All the blood and sweat you poured during the season has really paid off. It is a really good feeling.”

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 8 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo’s booming slapshot was a big part of the Canucks’ 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

Painful past

Injuries have cost Sami Salo over 250 games in his career, but the most devastating came last summer when playing floor ball in his native Finland.

- Friends told Salo it sounded like a shotgun blast when his Achilles ruptured.
- “It didn’t hurt at all,” he said. “It was just a weird feeling.”
- Salo missed training camp and the first 52 games of the season.

They have pushed the Sharks to the brink, but Salo knows the final shove may be the hardest.

“You have to have the killer instinct to try and finish those guys off,” he said.

“We have seen that if you’re not going out there to win, if you are just sitting back, usually things are not going your way.”

Logan Couture said the Sharks are focused on forcing a Game 6 Thursday.

“We’re obviously not where we want to be. We’d rather be up 3-1,” Couture said. “The reality of the situation now is we’re down. We’re excited to go to Vancouver and try and win a game.” THE CANADIAN PRESS

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

▶ Vancouver’s Sami Salo celebrates his second goal against San Jose in Game 4.

4 sports

Quoted

“It is the Eastern Conference finals and it’s coming down to will and determination. I want people to know I want it.”

MIAMI POWER FORWARD CHRIS BOSH, WHO HAD 30 POINTS IN GAME 1 AND 34 IN SUNDAY’S GAME 3 WIN THAT GAVE THE HEAT A 2-1 LEAD OVER THE CHICAGO BULLS IN THE NBA EAST FINALS. MIAMI’S DWYANE WADE AND PORTLAND’S LAMARCUS ALDRIDGE ARE THE ONLY PLAYERS TO HAVE A PAIR OF 30-PLUS GAMES AGAINST THE BULLS IN THE REGULAR SEASON.

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ELISE AMENDOLA/THE ASSOCIATED PRESS

▶ Boston's Brad Marchand celebrates his goal with Tyler Seguin last night.

Bruins a win away from final

Boston gets win despite being outshot 34-20 in pivotal Game 5

BRUINS	LIGHTNING
3	1

Tim Thomas stopped 33 shots after allowing another early goal, and Brad Marchand scored the game-winner to lead Boston to a 3-1 victory over the Tampa Bay Lightning last night and put the Bruins one win away from the Stanley Cup finals.

The victory gave Boston a 3-2 lead in the best-of-seven Eastern Conference finals, with a chance to clinch tomorrow night in Tampa Bay. The Lightning would need to win Game 6 to force a seventh game in Boston on Friday.

Nathan Horton scored to tie it in the second period, 17 seconds after returning from the penalty box. Marchand scored with 4:04 left in the period to give Boston a 2-1 lead.

Boston managed just 19 shots on Mike Smith as he made his first career playoff start in place of Dwayne Roloson.

Tampa Bay finally managed to pull the goalie with 42 seconds left, but Rich Peverley scored an empty-netter with 12.1 seconds left to clinch it.

Thomas bounced back after allowing four straight goals in Game 4 and may have saved the season when he stopped Steve Downie with about 11 minutes left, reaching out to put his stick in front of the open net and protect a 2-1 lead. The crowd cheered each time it was shown from a different angle on the scoreboard.

Two nights after Tampa Bay rallied with five straight goals to overcome a 3-0 deficit and win Game 4, Boston shrugged off Simon Gagne's goal just 69 seconds in and staged a comeback of its own.

Gagne, who scored the winner in Game 4, converted a 2-on-1 with Steven Stamkos to beat defenceman Johnny Boychuk and put the puck past Thomas. Horton tied it on a one-timer from Milan Lucic 4:24 into the second period — just Boston's seventh shot.

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INTERVIEW

Mets owner disses players

Jose Reyes isn't worth all the money he wants. Carlos Beltran is no longer a top-tier player. David Wright isn't a superstar.

Those aren't merely the opinions of some disgruntled New York Mets fan. Those thoughts come straight from the owner of the team.

Fred Wilpon had sharp words for the all-stars and his teetering team in a newly released profile in The New Yorker. He made the comments during the Mets' 4-3 loss to Houston on April 20.

"Lousy clubs, that's what happens," Wilpon remarked after the Mets missed an early chance to score, then gave up some runs. "We're snake-bitten, baby."

Reyes can become a free agent at the end of the season. There's been speculation the shortstop wants a contract similar to the $142-million US, seven-year deal that Carl Crawford signed in the off-season.

"He's a racehorse," Wilpon said of the often-injured speedster.

"He thinks he's going to get Carl Crawford money," he said. "He's had everything wrong with him. He won't get it."

Beltran is finishing up a $119-million, seven-year contract the outfielder signed with the Mets after his monster 2004 post-season for Houston, when he hit eight homers and scored 21 runs in 12 playoff games.

"We had some schmuck in New York who paid him based on that one series," Wilpon said, referring to himself. "He's 65 to 70 per cent of what he was."

As for Wright, Wilpon said the third baseman is "a really good kid. A very good player."

"Not a superstar," Wilpon said.

In a statement released by his agent, Wright said: "Fred is a good man and is obviously going through some difficult times. There is nothing more productive that I can say at this time."

The Mets are 22-24 and were off yesterday.

THE ASSOCIATED PRESS

Utley returns to Phillies, bats second

Chase Utley stepped into the carpeted batter's box to take a few swings and the television cameras shined brightly.

This was no ordinary round of batting practice.

Utley was back in the lineup and hitting second for the Philadelphia Phillies after the five-time all-star second baseman missed the first 46 games with a knee injury.

"You guys obviously know I enjoy playing and it's both disappointing and frustrating being on the sidelines and not being able to help," Utley said before last night's game against Cincinnati.

His return couldn't come soon enough for the four-time defending NL East champions. The first-place Phillies are struggling offensively and certainly can use a boost from Utley. Though he's coming off a down season — .275 average with 16 homers and 65 RBIs in 115 games last year — Utley is one of the top hitters in Philadelphia's lineup.

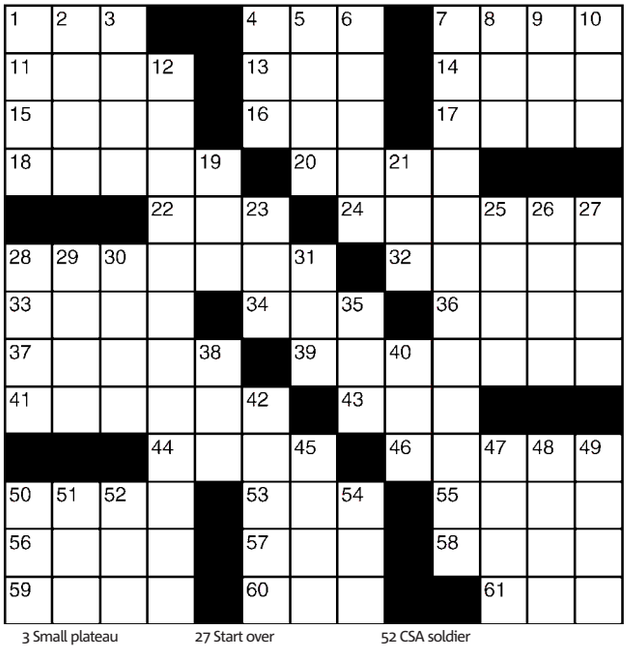
"It's pretty frustrating not to be able to go out and help your team win," Utley said. "But I'm proud of my teammates. They've done an outstanding job these first two months. The pitching staff has been outstanding. I know there's been a lot of negative talk recently on how our offence has been struggling, but that's why we play for six months. It's an up and down game. As long as you stay positive with the other guys, you'll get through that."

Utley spent a few weeks rehabbing his knee in Florida and feels comfortable with the progress in his recovery. He doesn't expect to have surgery after the season, but he might be more willing to take a day off occasionally. Manager Charlie Manuel may not give him a choice.

"Charlie and I will talk on a daily basis and see where we're at every single day, but I definitely want to be out there," Utley said. "I think I know my body better than anybody else."

THE ASSOCIATED PRESS

Crossword



Across

1 Aries animal
4 Mariner's venue
7 Dutch cheese
11 Notion
13 Peculiar
14 Loosen
15 Witty poet Ogden
16 Zero
17 React in horror
18 Southern speech
20 Neap, for one
22 Charged particle
24 Looseleaf notebook
28 Green-eyed
32 Paris river
33 Eager, and then some
34 Spigot
36 Contemporary of Virgil
37 Whom Jason jilted
39 Transport to Oz
41 Tangles
43 Trouble
44 Mr. Gingrich
46 Broomstick passenger
50 Apple's center
53 Noah's boat
55 Traditional tales
56 Renders speechless
57 Regret
58 Ogler's look
59 Charlotte's creations
60 "Family Guy" daughter
61 Newcomer to society

Down

1 Peel
2 Hebrew month
3 Small plateau
4 Bart, to Homer
5 Tend texts
6 Wing it
7 12-Down playwright
8 "CSI" evidence
9 Billboards
10 Swab the deck
12 Comedy that debuted on Broadway in 1933
19 Privy
21 Affront (Sl.)
23 Kook
25 Prima donna
26 Oklahoma city
27 Start over
28 Gets stuck
29 Divisible by two
30 Verdi opera
31 Perched
35 "Wham!"
38 Hearty brew
40 Tier
42 Honey bunch?
45 Verifiable
47 — the line (behaved)
48 Saskatchewan tribe
49 KFC additive
50 Crow's cry
51 Have debts
52 CSA soldier
54 Small barrel

▶ Friday's answer

Sudoku

	2		9					
		3		4				8
		9		2	1	7	6	
		4						9
	3	5		8		1	7	
7						2		
	7	6	3	1		8		
8				6		5		
					2		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

big lil sis, I love you! I will miss you so much! Have a great time :) **LIL BIG SIS**

LovesTrains
Hey babe, I just want you to know how much I miss spending time with you. Lets go for a long drive like we used to. Love, **MISS**

My Best BBM Friend (aka Cutie) Metro knows & so do I! I love being around you too. You just don't know how much you mean to me... **UR SECRET ADMIRER**

ChuckyCC
I could not help myself babe I called your "wife". she knows what's happening now we can focus on US. I came back early, was not having any fun. miss you. ps don't be mad someone had to do the dirty work. she says she knew the truth anyway I am ready to make a move, are you? **TIFFANY**

A look at the weather

Jenna Khan, Weather Specialist

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"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	WEDNESDAY	THURSDAY
Min 2° Max 15°	Min 3° Max 14°	Min 6° Max 17°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Someone new will come into your life, someone who brings fun.

♉ Taurus April 21-May 21 You need to come down to earth a bit and deal with matters of a practical nature — especially money.

♊ Gemini May 22-June 21 Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.

♋ Cancer June 22-July 22 If you want to make sense of recent events, you will have to stand back and put them in a wider context.

♌ Leo July 23-Aug.23 If you want to accomplish more than you have, you must work as part of a team.

♍ Virgo Aug. 24- Sept. 22 An idea you had recently is growing in your mind and you know that it could transform your life.

♎ Libra Sept. 23-Oct. 23 Start looking forward to all the good things that will very soon be coming your way.

♏ Scorpio Oct. 24-Nov. 22 The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

♐ Sagittarius Nov. 23-Dec. 21 Flattery may work to an extent but you also need to show people what's in it for them.

♑ Capricorn Dec. 22-Jan. 20 . Don't let sentiment play a part in your judgment: Results are far more important than your feelings.

♒ Aquarius Jan. 21-Feb. 18 Lingering feuds must be swept away. There's no time for them.

♓ Pisces Feb. 19-March 20. Make sure loved ones still have a prominent role in your future plans. SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS/ BELA SZANDELSZKY

THE ASSOCIATED PRESS/JACQUES BRINON

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